



STREP THROAT **(Group A, Beta Strep, *Streptococcus*)**

What is STREP THROAT?

Bacteria called *Streptococci* (Strep-toe-cox-eye) cause strep throat. Strep throat can occur at any age, but most frequently occurs among school age children. Scarlet fever may occur with untreated or recurrent strep throat.

What are the symptoms?

Symptoms of strep throat may include sore throat, headache, fever (up to 104°F), muscle aches, stomach ache, swollen and tender neck glands and a rash (with scarlet fever).

How is strep throat diagnosed?

The doctor or nurse will swab the back of your throat, called a rapid Strep test. Once the swab is tested for the presence of the Strep bacteria, results can be available from the doctor's office the same day. If the test is sent to a laboratory, results may take one or two days.

How do I treat strep throat?

Strep throat is treated with antibiotics. Patients must finish their entire antibiotic even though they will feel better before it is gone. This prevents complications or recurring infection.

Are there any complications?

If strep throat is not treated, rheumatic fever or kidney problems can result.

How is strep throat transmitted?

Strep throat spreads from one person to another by direct contact with respiratory secretions from the infected person. The disease may also be transmitted through foods contaminated with the strep bacteria.

How do I limit spreading strep throat?

Help keep others from becoming ill by taking the antibiotic as directed. Do not return to schools or daycare centers until consuming the antibiotic for one full day. Do not share food or drinks. Persons with strep should cover nose and mouth when sneezing or coughing and wash hands frequently, especially after sneezing or coughing. Wash toys with hot soapy water.